Pelvic Pain Support

Patient: _____ Date: _____

STARTING TREATMENT PLAN

6–10 visits

weekly or twice weekly

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible symptom relief alongside medical evaluation of pelvic pain causes.

AFTER YOUR TREATMENT

Use gentle activity; follow pelvic-health PT or medical guidance when appropriate.

WE WILL TRACK

Pain, sitting tolerance and impact on daily activities.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Fever, pregnancy-related pain, severe sudden pain or unexplained bleeding warrants prompt medical attention.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.